

**Amendments to the Specification:**

Please add the following new paragraphs to the end of the section titled: BRIEF

**DESCRIPTION OF SEVERAL VIEWS OF THE DRAWINGS:**

FIG. 4 is an internal view of an example of an embodiment that could be used as post release means 7 and post release buttons 8.

FIG. 5 is a top view of an example of an embodiment that could be used as post release means 7 and post release buttons 8.

FIG. 6 is a view of a plurality of fibers and associated opening.

FIG. 7 is a view of a piece of apparel and pre-existing openings.

Please add the following new paragraphs to the end of the section titled

**DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT:**

Fig. 4 and 5 demonstrate possible configurations of post release means 7 and post release buttons 8 of the present invention. This configuration is merely exemplary, as these types of fasteners are well known in the art to persons of ordinary skill.

Fig. 6 demonstrates a plurality of fibers and opening 20 that is naturally found within the fibers, through which the apparel insertion device may be secured to. Fig. 7 illustrates an example of a piece of apparel that includes pre-existing openings 30.